Reflections

Saturday, December 19, 2020

Exercise: Completing the Old and Creating the New

This is a holiday gift from executive coach Mary Stultz to the staff of Monroe. “I look forward to what you’ll become! Here’s how it works.”

Completing the Old

Step One

Look at the last year of your life.
List all of your Wins, Gains, and Breakthroughs.
List all of your Losses, Disappointments and Breakdowns.

Step Two

Look at 5-7 lessons you have learned this past year that you want to take with you into the next year.

When thinking of what to include, consciously use these lessons in the coming year.

Here are some examples:

I learned:

To accept and let go of "circumstances" in my life

To be savvy about social networking

What sort of work makes me genuinely happy (and what makes me miserable)

I can skip/delete/avoid some habits and get rid of gremlins and saboteurs that no longer serve me. (In fact, good riddance!)

Creating the New

Step One

Imagine ahead to this time next year
Write a list of your Wins, Gains and Breakthroughs for the year
Be specific and write them as though they have already happened or they happen routinely

Step Two

Name the year to come.

Some past names for me have been:

The year of abundance

The year of vitality

The year of serenity

The year of wellness

The year of grace

The year of balance